

# North Laurel Senior Center Plus November, 2015

9411 Whiskey Bottom Road  
 Laurel, MD 20723  
 410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm  
 Nancy Riley, Director; [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Closed</b> <b>Staff Meeting</b>  <b>2</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pet Day 12:00 Lunch 12:45 Exercise w/Liz  <b>3</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sensory game 12:00 Lunch 12:45 Tai Chi w/Dave  <b>4</b>	9:30 Coffee Talk 10:00 Good Old Days 10:45 Sing-a-long w/Kay 12:00 Lunch 12:45 Exercise w/Liz  <b>5</b>	9:30 Coffee Talk 10:30 Exercise w/Liz 11:30 Good Old Days 12:00 Lunch 12:45 Bingo  <b>6</b>
9:30 Coffee Talk 10:00 Breakfast with a Vet 11:00 Music with Ed 12:00 Lunch 12:45 Exercise  <b>9</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Liberian Cuisine 12:00 Lunch 12:45 Exercise w/Liz  <b>10</b>	<b>Closed</b> <b>Veterans Day</b>  <b>11</b>	<b>Applications &amp;</b> <b>Research Lab</b> <b>10910 Route 108</b> <b>Lunch and Craft</b> <b>9:30am – 1:30pm</b>  <b>12</b>	9:30 Coffee Talk 10:30 Exercise w/Liz 11:00 WWII History with Ellis 12:00 Lunch 12:45 Bingo  <b>13</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Game-- Name That Tune 12:00 Lunch 12:45 Good Old Days  <b>16</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Exercise w/Liz  <b>17</b>	<b>Thanksgiving</b> <b>Banquet</b> <b>Ten Oaks Ballroom</b> <b>9:30am – 1:30pm</b>  <b>18</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Movie & Popcorn 12:00 Lunch 12:45 Exercise w/Liz  <b>19</b>	9:30 Coffee Talk 10:30 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo  <b>20</b>
<b>Bob Evans</b> <b>Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b>  <b>23</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming with James 12:00 Lunch 12:45 Exercise with Liz  <b>24</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al 12:00 Lunch 12:45 Tai Chi with Dave  <b>25</b>	<b>Closed</b> <b>Thanksgiving</b> <b>Holiday</b>  <b>26</b>	<b>Closed</b> <b>Thanksgiving</b> <b>Holiday</b>  <b>27</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Holiday Wreath Activity 12:00 Lunch 12:45 Good Old Days  <b>30</b>				

# November Notes and News

## Community Happenings

### Don't Miss the Caregiving Journey Howard County 4th Annual Caregiver Conference

Date: **Saturday November 14, 2015**

Time: **8:00am- 3:00pm**

Place: North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel MD 20723

Cost: \$10/person • Partial Scholarships Available

Register in one of three convenient ways:

- Online at [https://apm.activecommunities.com/howardcounty/Activity\\_Search/49989](https://apm.activecommunities.com/howardcounty/Activity_Search/49989)
- At your local Howard County 50+ Center
- Contact Maryland Access Point 410-313-5980 (voice/relay) or [map@howardcountymd.gov](mailto:map@howardcountymd.gov)
- Registration deadline for conference and respite is Friday, November 6<sup>th</sup>

Continental Breakfast and Lunch Provided • FREE On-Site Respite Provided

## Important Dates and Reminders

*Happy Birthday: Bessie, Claudia and Emily*

### Closings:

The Center will be closed on Monday, **November 2<sup>nd</sup>** for a staff meeting.

The Center will be closed on Wednesday, **November 11<sup>th</sup>** in observance of Veterans Day.

The Center will be closed on Thursday and Friday, **November 26<sup>th</sup> and 27<sup>th</sup>** for the Thanksgiving Holiday.

### Outings:

Thursday November 12<sup>th</sup> program will be held at the Applied Research Lab for a luncheon and craft activity hosted by students from the Culinary Arts and Allied Health Program. 9:30am-1:30pm

Wednesday November 18<sup>th</sup> Thanksgiving Banquet at Ten Oaks Ballroom 9:30am-1:30pm

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

## Resource and Referral Information

**Maryland Access Point, (MAP):** Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.

## Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

**If you need this publication in an alternate format, call 410-313-7218.**